

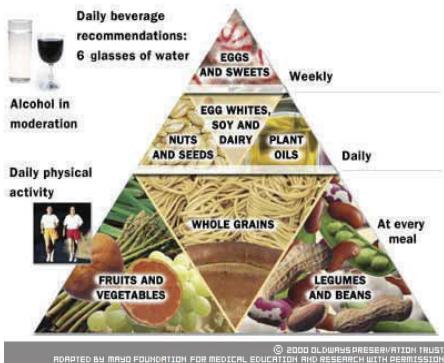
# AMH

## Inside Out

### Vegetarianism: Food for Thought

By L.B. Sandy Rock, MD, MPH -- AMH Risk Communicator

October is National Vegetarian Awareness Month. The following is a quick summary of what it means to be a vegetarian and what the health benefits are. A vegetarian is a person who does not eat meat, fish, or fowl or products containing these foods. The eating patterns of vegetarians may vary considerably. For example, the lacto-ovo-vegetarian eating pattern is based on grains, vegetables, fruits, legumes, seeds, nuts, dairy products, and eggs but excludes meat, fish, and fowl. Even within the various patterns, considerable variation may exist in the extent to which animal products are avoided.



Why Vegetarianism? The vegetarian's refrain is "to improve health, protect the environment and prevent cruelty to animals." Vegetarians also cite economic reasons, ethical considerations, world hunger issues, and religious beliefs as their reasons for following their chosen eating pattern. It goes well beyond the scope of this article to address the array of moral, ethical, evolutionary, psychological and practical issues associated with vegetarianism. Improving health and protecting the environment, however, are areas that clearly call for a consideration of vegetarianism. This is not a "how-to" instruction guide; simply switching to vegetables could result in lack of certain nutrients in your diet. Sources of information on vegetarian nutrition are listed at the bottom of the page and more can be found on the AMH website.

In general, a vegetarian diet is a healthier one than a meat-based one. How? Here are just a few of many ways:

- Even the leanest meat contains levels of saturated fats that are found only in animals and which we now

know are unhealthy. Vegetarians have cholesterol levels that are 20% lower than meat-eaters. Vegetables have higher levels of beneficial omega-3 fatty acids.

- The human body does not require meat; virtually everything we need can be obtained from a vegetarian diet by eating protein-containing foods from a variety of food groups. More importantly, a number of nutritional benefits come from non-meat sources: fiber, certain nutrients (vitamins C & E) and powerful anti-oxidants, carotenoids, and phytochemicals that, as more and more studies suggest, appear to have cancer-preventing qualities.
- A large percentage of meat contains hormones, antibiotics and other chemicals that are given to the animals to increase their body mass and reduce likelihood of infection during the time they spend in confined animal feeding operations, and these may have potential human health effects, including development of antibiotic-resistant bacteria.
- Numerous human illnesses have been statistically associated with meat consumption: obesity, cardiovascular disease, hypertension, diabetes, certain cancers, kidney disease, osteoporosis, dementia, diverticular disease of the colon, gallstones, rheumatoid arthritis and others.

Eating "lower on the food pyramid--or chain" is healthier than eating at the top. Numerous publications and websites provide the information that you need to get proper nutrition from non-animal sources. Please see the [AMH Website](#) for those and much more information on many health topics.

#### References:

American Dietetic Association [position statement](#) on vegetarianism  
Mayo Clinic, [Vegetarian diet: How to get the best nutrition](#)



At this time, approximately one woman in eight will develop breast cancer in a lifetime. Breast cancer is the sixth leading cause of death and the number one cause of cancer deaths in women.

While breast self-examination is useful, it is essential that every woman have a breast exam performed by a physician every 1-3 years beginning at age 20 and regular mammograms beginning at age 40 (or younger if there is a strong family history). Be sure that you or your loved ones take advantage of the rapidly changing screening technologies, treatments and even preventions that are being discovered, invented and implemented every year.

For more information:  
[American Cancer Society](#) ;  
[Susan G Komen for the Cure](#) .

#### Watch for upcoming events with AMH

SEPTEMBER  
[Quarterly Health Fairs](#)  
(September 3, 8 & 10)

[The 2008 National Health & Wellness Observances Calendar](#)

Select a link or visit our website: [www.hanford.gov/amh](http://www.hanford.gov/amh)

Check [here](#) for  
Updated West Nile Virus  
Information!

# Colds, Influenza & Immunization

It's that time of the year again. Viruses--those little bundles of DNA that lurk on our hands, under our nails, in our noses and just about anywhere you don't want them to be--are on the move. Why this time of year? It turns out viruses that cause influenza (and probably colds) live longer in cool environments. That's why we see so many people getting sick in the colder months--that and the crowding inside where the air isn't as fresh and the proximity to other people increases. Coughs, sneezes and hand-to-hand (direct or indirect) contact spread the viruses like wildfire. And we are the fuel.

Let's be clear: viruses are NOT bacteria. Bacteria cause a variety of secondary infections on top of colds and flu (sinusitis, some pneumonias, for example), and antibiotics work against bacteria, not against viruses. So unless your healthcare professional tells you that you've developed a secondary bacterial infection on top of the cold or flu, there's no use for antibiotics. In fact, they can be dangerous: resistant bacteria can develop; allergic reactions can occur.

So what can you do to stay healthy this cold and flu season? Number one: prevention. To avoid getting influenza (AKA "the flu")--a serious viral lung infection that kills more than 35,000 people in the U.S. every year--GET

**YOUR FLU SHOT!** For protection from flu AND colds---those relatively mild nose and throat viral illnesses---stay away from those who are sick. (We call this "social distancing.") Encourage policies and practices that allow people to stay home when they are sick--particularly during the first two days of a viral illness when it's most contagious. Follow the flu season rule: "Stay at home, cover your cough, wash your hands." [Henry the Hand](#)

Keep your distance from anyone who comes to work sick. Avoid coughs and sneezes directed your way, over the cubicle wall, in the hallways, at meetings. See: "[5th Guy](#)."

And, possibly even more important: wash your hands, use alcohol-based hand sanitizer, try not to touch anything that others have touched. If you do, avoid touching your face, and wash your hands as soon as possible or use the hand sanitizer as a temporary means of prevention. (There is NO substitute, though, for a good hand-washing, done correctly.)

What else can you do? Well, as you've heard many times before: get plenty of sleep, eat healthily (see "Vegetarianism: Food for Thought" in this issue), drink plenty of water every day, get age-appropriate check-ups, exercise, do whatever it takes to reduce stress, avoid or minimize alcohol intake, and don't smoke!

AMH's flu immunization clinic schedule accompanies this article. It's worth mentioning that flu shots (influenza immunizations) do not and cannot cause illness. Getting your flu shot helps prevent others at home and at work from getting the flu. This year, the CDC has [recommended](#) that all children over six months of age be immunized, as well. Immunizations, including and especially influenza, are among the most important and effective public health measures developed in the last 100 years. Many, many millions of illnesses have been prevented and lives saved thanks to immunizations. They are among the most effective, efficient and sensible means of protecting your health.

AMH Flu Hotline: (509) 376-1000 AMH Website: [www.hanford.gov/amh](http://www.hanford.gov/amh)

For information about influenza: [www.cdc.gov/flu](http://www.cdc.gov/flu)



## AdvanceMed Hanford Occupational Health Services

### 2008 Flu Clinic Schedule

#### WEEK # 1 November 3-6

M	3	9:00 AM - 3:00 PM	Battelle Auditorium
T	4	9:00 AM - 2:00 PM	200 E 2101M Cosmos/Bijou Rm
W	5	9:00 AM - 1:00 PM	825 Federal Bldg., Rm 142
Th	6	7:00 AM - 9:00 AM	100K, MO 500, Conf. Rm West
Th	6	11:00 AM - 1:00 PM	200 W WRAP Facility, MO 2740
Th	6	2:30 PM - 4:00 PM	200 West 2704S, Rm 22A/22B (222S Lab Area)

#### WEEK # 2 November 10-14

M	10	7:30 AM - 8:30 AM	400 Area , 4710 Conf. Room A
M	10	10:00 AM - 12:00 PM	300 Area, 3760 Bldg. Conf. Rm
M	10	2:00 PM - 3:30 PM	2620 Fermi, Conf. Rm D109
T	11	7:30 AM - 9:30 AM	200 West, PFP, MO 250
T	11	11:00 AM - 12:30 PM	200 East, MO 511
T	11	2:00 PM - 3:30 PM	200 West T Plant, MO 369
W	12	8:30 AM - 2:00 PM	2440 Stevens Bldg., Rm 1200
Th	13	9:00 AM - 11:30 AM	200 West, MO 720
Th	13	1:00 PM - 3:30 PM	200 East, 2704 HV, Rm G108A/B
Th	13	4:30 PM - 7:30 PM	200 W MO 2719, AMH Health Clinic

#### WEEK # 3 November 17-21

M	17	7:30 AM - 9:00 AM	100N, 1103N, Conf. Rm A/B
M	17	11:00 AM - 1:00 PM	EMSL, 3335 Q Ave. 1075/1077
M	17	2:30 PM - 4:00 PM	1200 Jadwin Bldg. Conf. Rm B1
T	18	7:00 AM - 8:30 AM	300 Area, 3718P
T	18	11:30 AM - 1:00 PM	HAMMER, Rm 14
W	19	9:30 AM - 11:00 AM	825 Federal Bldg., Rm 142
W	19	1:00 PM - 3:00 PM	200 West, MO 287
W	19	4:30 PM - 7:30 PM	200W, MO 2719, AMH Health Clinic
Th	20	9:00 AM - 11:00 AM	200 E 2101M Cosmos/Bijou Rm
Th	20	12:30 PM - 2:30 PM	Battelle Auditorium

## Healthy Recipes

### Marinated BBQ Vegetables

Serves: 5

#### INGREDIENTS

- 1 small eggplant, cut into 3/4 inch thick slices
- 2 small red bell peppers, seeded and cut into wide strips
- 3 zucchinis, sliced
- 6 fresh mushrooms, stems removed
- 1/4 cup olive oil
- 1/4 cup lemon juice
- 1/4 cup coarsely chopped fresh basil
- 2 cloves garlic, peeled and minced

#### DIRECTIONS

Place eggplant, red bell peppers, zucchinis and fresh mushrooms in a medium bowl. In a medium bowl, whisk together olive oil, lemon juice, basil and garlic. Pour the mixture over the vegetables, cover and marinate in the refrigerator at least 1 hour. Preheat an outdoor grill for high heat. Place vegetables directly on the grill or on skewers. Cook on the prepared grill 2 to 3 minutes per side, brushing frequently with the marinade, or to desired doneness.



"These tasty vegetables can be cooked on skewers or thrown straight on the barbecue. Serve them hot or at room temperature. As cold leftovers, they're great with crusty bread."

#### PER SERVING:

Calories	156
Fiber	5 g
Cholesterol	0 mg
Sodium	8 mg
Protein	2.5 g
Carbohydrate	14.3 g
Total fat	11.2g

For more: [Healthy Recipes](#)